



## Dutch Community News

# *Dutch Society* **NEERLANDIA**



Official Publication for the Dutch Community in Western Australia



Dutch Aged Care



ANSWA



Dutch Community Radio

Perth WA

September 2015

Volume 47 Issue 7



Villa "Aan den Koedijk" in the city of Bussum, in Het Gooi, North Holland. This villa was built in 1908 and has been declared a "Rijksmonument". In 2016 Bussum and its neighbouring towns Naarden and Muiden will be amalgamated. More on the towns of Bussum and Naarden on pages 24 & 25.

# Social functions calendar & Clubhouse contacts

**Important:** The entries below are an indication only of what events are planned during the coming months and the information given may not always be accurate and could be subject to change.

For up-to-date accurate information, **always** refer to the larger function advertisements inside this paper or the posters displayed in the clubhouse.

## Upcoming Functions to be held in the Neerlandia clubhouse or in other venues as shown:

Thurs 3 Sept	<b>"Thursday Afternoon Bingo"</b> (Additional details on page 9)	11.00 am
Thurs 10 Sept	<b>"DJVV Meeting (fortnightly)"</b>	Shop open
Thurs 17 Sept	<b>"Thursday Afternoon Bingo"</b> (Additional details on page 9)	11.00 am
Thurs 24 Sept	<b>"DJVV Meeting (fortnightly)"</b>	Shop open
Fri 25 Sept	<b>"End of Month Drinks"</b> (Additional details on page 12)	5.30 pm
Thurs 1 Oct	<b>"Thursday Afternoon Bingo"</b> (Additional details on page 9)	11.00 am
Sun 4 Oct	<b>"Sunday Klaverjas Drive"</b> (Additional details on page 23)	11.00 am
Thurs 8 Oct	<b>"DJVV Meeting (fortnightly)"</b>	Shop open
Thurs 15 Oct	<b>"Thursday Afternoon Bingo"</b> (Additional details on page 9)	11.00 am
Sat 17 Oct	<b>"Kid's Disco"</b> (Additional details on page 12)	3.00 pm
Thurs 22 Oct	<b>"DJVV Meeting (fortnightly)"</b>	Shop open
Sun 25 Oct	<b>"Neerlandia AGM"</b>	1.00 pm
Thurs 29 Oct	<b>"Thursday Afternoon Bingo"</b> (Additional details on page 9)	11.00 am
Fri 30 Oct	<b>"End of Month Drinks"</b> (Additional details on page 12)	5.30 pm

## Clubhouse Address:

230 Cambridge Street,  
Wembley WA 6014  
ABN: 33 211 869 383

## Postal Address:

P. O. Box 200,  
Wembley, W. A. 6913

## Clubhouse Contact:

**Tel:** (08) 9381 3738

**Fax:** (08) 9388 0848

**Email:** [neerlandia@iinet.net.au](mailto:neerlandia@iinet.net.au)

**Webpage:**

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## Private Members Parties:

**For bookings of Private Members Parties or information that is not in this magazine, please phone:**

**Margaret Baltes on: 9305 2434**

**or phone Lianna Parker on: 0437 629 635**

**Minimum charges for using our Clubhouse facilities are:**

<b>Use of Hall</b>	<b>from \$275.00 (Incl. GST)</b>
<b>Use of Lounge</b>	<b>from \$100.00 (Incl. GST)</b>
<b>Use of Kitchen</b>	<b>from \$100.00 (Incl. GST)</b>





## President's Report

In May we renewed our search for an alternative and suitable location for our club members and we are happy to advise you that we have an initial agreement with the

Rhein Donau Club in Myaree.

The way these talks progressed gave us reason to be optimistic about alternative space for our members to continue their club activities.

The Executive Committees of the various sub-clubs were invited to partake in discussions to achieve an as smooth as possible transition.

The current schedule is to move in January so that we can start the continuation of our activities in the premises of the Rhein Donau Club as of 1 February 2016.

To meet our planned schedule we will start considering various marketing options for the sale of 230 Cambridge Street before too long.

Removing the massive financial burden imposed on our club and its members by the cost of maintaining our clubhouse, releases the funds (once received from the sale) to ensure that every financial member, especially those also in the sub-clubs, will find themselves getting much better value for their membership of Neerlandia.

It is going to be an interesting time for Neerlandia members and an interesting and hectic period for the Neerlandia Committee; all of this will ultimately lead to a practical and logical outcome with a win-win situation for all parties concerned.

## Recapping the last 6 months

Once we realized that we had to look for alternative accommodation for our club in Wembley, our first choice, for cultural- and geographical reasons was The Morley Windmills. However, the more we worked with the Management Team of The Morley Windmills, the more we realized that we not only felt uncomfortable with the proposed new lease, we gradually learned that we needed to invest vast amounts of money in the kitchen due to the stringent Health & Safety Laws, in a building that we did not own.

## South of the River

Perth is a long, stretched city divided by a river and the Rhein Donau Club is South of the River; not everyone is happy about that.

We appreciate that for some of you the trek to Myaree is further to travel and we suggest that you give yourselves some time to get used to the idea. A lot of you already car pool anyway and Myaree is only 10 km further than the current club house.

Before you take a hasty decision remember that it would be such a shame if you denied yourself the pleasure of a day spent at DJVV or a few hours of playing cards because you are not prepared to drive the extra kilometers.

Before you take a decision, give it time, talk to your other club members and try to find a solution for your perceived problems.

It is quite reasonable that not all Neerlandia members are as excited as we would have liked them to be, but we are certain that time and dialogue will convince members that this will prove to be a very good move for all involved.

## Rhein Donau Club

Some of you mentioned that the Rhein Donau Club is losing members too.

Like any other ethnic club, the Rhein Donau Club indeed, also has a declining membership.

However, Rhein Donau has a totally different business model than Neerlandia has, or could ever have.

The building in Myaree is of such a size that the Rhein Donau Club can rent out space; their kitchen is leased to a professional chef and some of their parking space is hired out to local companies.

*(continued on the next page)*

DUTCH WINDMILL  
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Meanwhile at night time the clubhouse is open to accommodate a variety of clubs, which again generates income from rent and from the bar. All in all, unlike Neerlandia, the Rhein Donau Club has far more sources of income which gives the club a stable financial position.

### What is in it for you, a Neerlandia Member

The Committee is willing to assist you with any problem that you may have in regards to the move - talk to us and let us know what bothers you. We want you to be happy and to be realistic. Over the years we have seen the club's cash flow going down and over the last 18 months or more, it has only been End of Month Drinks that slowed the club's cash running dry.

Once the premises have been sold and all the finances have been settled, we will be, once again, be able to enjoy ourselves as club members, with a more secure financial future, once the liabilities imposed on us by our present clubhouse have been removed and the assets sold. The Committee has discussed and approved sponsorships for all the sub-clubs to financially assist them.

The sub-club committees of the various clubs will then be able to decide how this money is used. Be it accommodating the lunch - or fuel expenses; outings or seasonal presents - those decisions are up to the various committees. Although the Neerlandia Members will not be Rhein Donau Members, each of our members by showing their current Neerlandia Club Membership card, will enjoy the same club discount as Rhein Donau Club members enjoy. Those of you who are familiar with the Rhein Donau Club are aware of the great variety of entertainment the club provides throughout the year.

We believe that, once you are used to visiting the Clubhouse in Myaree, you will have many a good time to enjoy in the new clubhouse.

And the bonus is that your parking problems will be gone forever.

### Summarizing

*We believe ourselves lucky to have found a building, similar to our current building while neither investment nor alterations are required to guarantee the same comfort and easy access*

*as the Neerlandia members have been used to over the years.*

During the last 2 years the Management Committee has worked tirelessly driven by a desire to keep the Dutch Club alive.

We sincerely hope that this desire is a collective one and we trust that we will find a way for all of us to be happy in the new building.

Stay with us and stay in touch with us - dialogue alone will assist understanding.

**Lianna Parker**  
**President**

### Important notice

It has been brought to the committee's attention that some club members are helping themselves to club ware.

That is stealing and therefore a criminal act with consequences for those who are caught. (People talk!) If there is anything that you so badly want that it cannot wait until we invite you to the big sale, please contact Tony or myself to discuss what you are interested in.

Whatever you do, please don't loot!

# LOOKING FOR DUTCH SPIRITS?



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## De KookHoek

Discover Holland's best kept secret: its food! Our cuisine is not well known but nonetheless exciting, flavourful and full of history. The Dutch Table is the most extensive online resource for traditional Dutch food recipes and it is growing weekly. Become a Follower, and like the page on Facebook for additional updates, discussions or exciting food news!

## Slavinken



*Slavink*, loosely translated as beat finch or lettuce finch, is one of the several ready-to-prepare foods that are available at the butcher store or in the meat department of a grocery store in Holland.

It is also one of the more traditional meat options for lunch or dinner.

*Slavink* is a variation on the *blinde vink*, or blind finch, another meat product. Why

these birds were chosen to name these products is not entirely sure, although it is thought that the size and roundness of the product reminds one of a small bird. Okay. It is true that in medieval times, out of sheer hunger, people would eat any bird they would catch and I am sure finches were among the bounty, but more money could be made with selling the songbird to more affluent citizens.

To this day, *vinken-zettingen*, or finch singing competitions, are held in parts of Flanders, Holland and parts of Germany and France. The amount of songs the birds sing in an hour are counted and whomever had more songs, wins. In the early days of these competitions, the birds would have their sight taken away to keep them from getting distracted and stop singing. This would be done rather cruelly. Later on, the cages would be covered by blinds instead. Another, more plausible explanation is the fact that the *slavink* was created by **butcher Ton Spoelder**, third generation butcher who opened a butcher store in Laren in 1951. Ton Spoelder decided, with Dutch practicality, that the cost of meat would be reduced greatly if customers would come to the store to purchase their meat instead of having a fleet of young delivery boys running all over town. His innovative ideas were not only applied to store management, but also to developing new products, one of which was the *slavink*. It is thought that the name is an abbreviation of "*slager's vink*", butcher's finch.

Either way, you'll much prefer this meatroll to a itty-bitty feathery finch on your plate. The *slavink*, nor

*blinde vink* at the butcher's is not a bird: it is a small meatroll, wrapped in either bacon (*slavink*) or veal (*blinde vink*).

You can use bacon or pancetta for the *slavink*: the bacon used in Holland is not smoked so unless you can find fresh pork somewhere, select a bacon that is not overly smokey for best practices. I like to use a thicker sliced bacon and pound it flat between cling film to make the wrapping easier.

## Slavinken

8 oz ground beef  
8 oz ground pork  
5 slices of bacon  
2 tablespoons of bread crumbs  
2 tablespoons of milk  
Salt  
Pepper  
Nutmeg  
1 tablespoon of butter

Mix the ground beef with the ground pork and season to taste with the salt, pepper and nutmeg.

Knead in the breadcrumbs and the milk and divide into five equal portions. Roll into small logs, approximately 3 1/2 inches long.

Place one side of the bacon on one end of the log and wrap the bacon around it. Leave the ends exposed. Roll the meat a couple of times with the palm of your hand to tighten it up. After you've done all five rolls, cover and refrigerate for about thirty minutes.

Retrieve the slavinken from the fridge about ten minutes before you are getting ready to cook them. Melt the butter in a frying pan. Place the slavinken carefully in the pan. Cook them on low-medium heat to avoid scorching the bacon. Turn them around, carefully and cook the other side, until all side are golden brown.

Remove the meat rolls from the pan, return it to the stove and stir in half a cup of water or a tablespoon or two of tomato ketchup, scraping the bottom of the pan to loosen up all the crunchy bits. Serve with boiled potatoes and a vegetable. Pour some of the pan gravy over the potatoes so they mash nicely.

Source: (Met toestemming van) Nicole Holten, The Dutch Table:  
<http://www.thedutchtable.com>



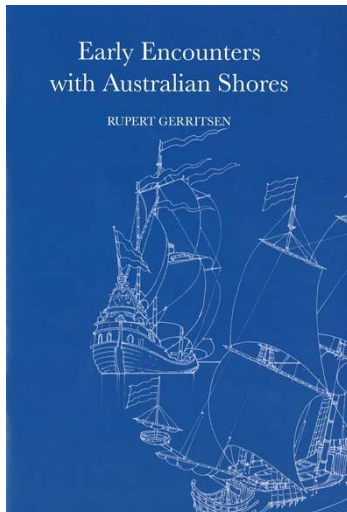
## De BoekHoek (1)

*Stories by Rupert Gerritsen*

“Early Encounters with Australian Shores” is a collection of short stories written by the late Rupert Gerritsen.

This booklet was published by Australia On The Map with the support of the Netherlands Embassy. The first copy will be officially presented to Rupert’s sister-in-law Patricia during a reception on Thursday 16 July 2015 at the residence of Ambassador Annemieke Ruigrok.

The booklet brings together a selection of stories about



Australia’s early, and neglected, maritime history. It highlights the multicultural dimension of the explorations of the continent’s shore: Captain Cook was not the first to arrive in Australia, but followed in the footsteps of seventeenth and eighteenth century Dutch, Spanish, Portuguese, French and Swedish seafarers. Rupert Gerritsen elaborates on already well known subjects such as

the arrival of the *Duyfken* and the tragedy of the *Batavia* – but also presents lesser known stories such as the miraculous survival of the Dutch party searching for the crew of the *Vergulde Draeck*. According to Ambassador Annemieke Ruigrok, “Rupert’s stories are a wonderful addition to the many different stories Australia has shared with the Netherlands over more than 400 years”.

**Rupert Gerritsen** was born into a Dutch migrant family in 1953 in Geraldton, Western Australia, Rupert Gerritsen was a social activist and historian. He became a noted authority in indigenous Australian prehistory and in Australia’s European maritime contact history from 1606 until the early years of British colonisation. He wrote a number of books and many papers in these and related fields. In 2002, Rupert co-founded ‘Australia On The Map 1606-2006’ (AOTM) and later became Chair of its successor organisation, the AOTM history and heritage division of the Australasian Hydrographic Society.

### Ordering

Copies of 'Early Encounters with Australian Shores' are available for free from tomorrow and can be ordered with Australia On The Map.

For more information about the booklet or questions about the distribution procedure, please contact Australia On The Map: [www.australiaonthemap.org.au](http://www.australiaonthemap.org.au)

## De BoekHoek (2)

*Against the Odds by Marjolijn Hoff*



This time we will cover another Dutch children's book translated into English. The book is called “Against the Odds” by Marjolijn Hof. The story tells the tale of Kiki, who's father is a Medical Doctor, who occasionally travels to faraway places such as war-zones, where Doctor's are needed but are scarce. Kiki and her Mother understand his drive to help people in disadvantaged areas,

but they are not happy with the dangers it brings to his life.

In the book Kiki's father goes once again on a mission to a war-zone to help people, while Kiki and her Mother wonder what the odds are of him getting injured or killed. When Kiki's father actually goes missing on this mission, Kiki tries desperately to change the odds in her fathers favour.

Will Kiki be able to change the odds and be able to contribute in bringing her father safely home?

This book is intended for the younger reader, but it may also interest readers who experienced a loved one who went missing. Although it will not go into the fine details and complexity you will find in a full blown novel for adults.

**Machiel van der Stelt**

## Moderne Nederlandse Boeken Gevraagd

Ga jij op vakantie naar Nederland of komen er familieleden of vrienden op bezoek bij jou?

Wij willen onze Neerlandia Bibliotheek uitbreiden met moderne Nederlandse titels.

Mies, onze bibliothecaresse, heeft voorgesteld dat wij aan Nederlanders in WA vragen om een boek naar keuze uit Nederland mee te brengen en dat boek aan de Neerlandia bibliotheek te doneren.

Op die manier krijgen we een moderne, up-to-date en zeer gevarieerde boeken collectie, die voor iedereen toegankelijk is.

Als jij dat ook een leuk idee vindt, doe mee, kies een boek en doneer het aan ons!

**HAPPY READING.**

## Volunteers' Night

Few people realize that the club’s major income, and therefore the club’s financial savior, is the Monthly End of Month Drinks.

Even fewer people realize the effort it takes to organize this function. Every month it is another struggle to find





people willing to assist with the running of the evening.

However, there is a core group of that is always available and we wanted to say thank you to them. So in July *The Neerlandia Committee* organized a volunteers' evening. Over a glass of wine with a bit of finger food we had a great opportunity to get to know each other a bit better. It surely turned out to be a great night.

So again, thank you to that group of people that is always there when we ask for assistance.

You're the reason that we are able to keep the show running.

## July End of Month Drinks

Due to unavailability of kitchen staff, we regrettably had to cancel the July End of Month Drinks.

We sent out two emails in the week preceding, we also posted the cancellation on both Neerlandia's FaceBook page and on FacBook page Dutchies in Perth.

However, if you still found yourself in front of a closed door on 31 July, we do apologize.

And if you were sorry, imagine how we felt.

Hopefully we'll see you again at the next End of Month!



## Memorabilia

Recently the Committee has started to make an inventory of stock in the Neerlandia Club House. Those people who have donated items to the Dutch Club and who would like to see these items returned to them, are invited to contact Tony Horsten to arrange return.

Once it is established what memorabilia is left we will, in order of priority:

- ... select items that will go to a newly founded Dutch Heritage Museum for preservation
- ... select items that will go in storage until we have a Dutch Corner in the Rhein Donau Club
- ... select items that will go in storage for the future
- ... select items that will go to the Rhein Donau Club for functions in the club house
- ... invite Neerlandia Members to buy memorabilia and other items for mates' rates (Cash & Carry)
- ... invite an auctioneer to sell the remainder

Expressions of interest can be directed by email to Tony Horsten at [vhorsten@iinet.net.au](mailto:vhorsten@iinet.net.au) or Lianna Parker at [lianna\\_parker@bigpond.com](mailto:lianna_parker@bigpond.com)  
We're looking forward to hearing from you.

## Zoek je een baan in hospitality?

South of the River:

We zoeken iemand met hospitality ervaring voor een 10 - 12 uur permanente functie gedurende de weekenden. Een basiskennis van de Duitse taal werkt in je voordeel.

Omdat deze functie permanent is, is de functie niet geschikt voor back-packers.

Voorwaarden en renummeratie zijn goed.

Geïnteresseerd?

Neem contact op met Lianna Parker via [lianna\\_parker@bigpond.com](mailto:lianna_parker@bigpond.com)

## OKTOBERFEST AT THE RHEIN DONAU CLUB

In October, the Rhein Donau Club will be celebrating its famous Oktoberfest.

Starting on Saturday 3<sup>rd</sup> October, their Clubhouse will be open on Friday and Saturday nights through the whole month of October with live music.

Kitchen & Bar open from 6pm.

Entry: RDC - and Neerlandia Members \$15; non-members \$20. (You will need to show your card on entry)

Due to popularity, we advise to order your tickets beforehand on 9330 6488 (Tuesdays, Wednesdays and Fridays) or via email: [rheindonau@iinet.net.au](mailto:rheindonau@iinet.net.au)  
Sunday 1<sup>st</sup> November is the Family Day, which is a free event.

Rhein Donau Club, 110 Northlake Road, Myaree.



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## BINGO BULLETIN FROM YOUR FRIENDLY BINGO ORGANISERS.

**Two months have passed since the last Bingo Bulletin.**

Nothing has changed much with the attendance at our Bingo games as you can see on the Bingo Page. We must ask ourselves: **WHY** is it that there are not more people joining us at these Bingo games?

If you have never been at a Bingo session, than you just don't know what you are missing out on. It is a lot of fun and laughs and the proof of it is there, because the regular players keep on coming back.

We know that on Thursday 6 August, only 2 players turned up, but we also know that some had some genuine reasons for not making it at the Bingo games on that particular day. We, as a Committee, work hard to create activities to increase the sense of **BELONGING TO A CLUB SUCH AS OURS.**

For that reason the Bingo Sessions have been instigated. Therefore it is only fair to ask you as a Club Member, and many of you have been a Member for many years, to support the Bingo Sessions, which have been provided for your entertainment and enjoyment. If by any chance the \$24.00 for a full Bingo book is an objection, we can fully appreciate that, than a half book for \$12.00 is the alternative that we can offer.

Try it and you may even enjoy playing Bingo and enjoy:

**WINNING SOME CASH** along the way. **OTHERS DO!!!!!!**

**SEE YOU AT OUR NEXT BINGO GAME PLEASE!!!!!!**

**Henk Oorschot and Louis James**





# Bingo at Neerlandia

## B I N G O - THURSDAY - B I N G O

**Day games only: 3rd and 17th September,  
1st, 15th and 29th October**

**Games start at 11 am - Doors open 10 am**

**The Bingo games are a great way to relax and to catch up with other people, whether they are members or friends, they all like to win and have fun. SO JOIN US AT THE NEXT BINGO SESSION AND SHARE IN THE FUN!!**



**Bingo Day game on Tuesday June 23rd**  
Again with 7 regular players that turned up and won some money while having many laughs.



**Bingo Day game on Tuesday July 7th**  
Our regular 7 players had a good time and they had a good time and they enjoyed collecting some money as well.



**Bingo Day game on Tuesday July 21st**  
6 players and two "observers", Con and Sue van der Putten's granddaughters, Tahlia and Shanae, made up the playing group today.

**The Bingo Day game on Thursday August 6th was cancelled** as unfortunately only two players turned up. They were Ann Voorn and Nelly van der Heiden. I felt sorry for them and also for my assistant Louis James, as he cut short his Thursday golf game, in order to be here for the Bingo game.

***We hope that the next game on Thursday 20 August will be a lot better attended, giving us the incentive to keep on playing.***



# June End of Month Drinks

## June End of Month Drinks

As a winter treat, we'd asked John Otis, the Dutch Butcher to prepare "Boerekoel met Worst". As



expected, this turned out to be a great success. Behind the scenes of EoM we endure a lot of surprises

and due to creative thinking, spontaneous offers, cooperation and an unexpected walk-in, there were initially more people working in the kitchen than we had patrons in the hall! This all soon settled and everything worked like clock work. The hall was set-up by Brenda again and her eye for detail made the table setting such an attractive display. We played Dutch CD's and the bar staff was enthusiastic and eager to serve, although requests for "pikketanissies" and "kopstootjes" created a bit of confusion amongst the younger bar tenders. Thanks to the volunteers, this EoM turned out as one of the smoothest one ever!

## Meet Zoë

Remember the birth announcement of Zoë, who was born in March 2015?

She made her first appearance in the Dutch Club and big sister Laura showed her how to play sjoelen. Isn't this what the Dutch Club is about?

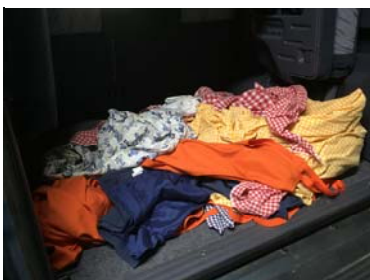
## Lianna



Meet Zoë again



Before the event



The morning after



Yvonne, Brenda & Dora



Drying glasses: Hylke, Steph, Sander & Richard



Willing helpers: Cloë, Nikita and Zoë



The bar in action



# Members Birthdays and Sunday Card Drive

The following Members will celebrate their birthday during **the month of September 2015**. We wish them all a very **Happy Birthday!**

Henk	Hanemaaijer
Wes	Lenghaus
Rose-Marie	McNamara
Rita	Klesch
Machiel	van der Stelt
Nelly	Maarssen
Kaye	Wegman
Maria	Nissen
Wiens	van Zeil
Roger	Overmeire
Pieter	Hoedemaker
Adrian	Liebrechts
Hans	van Zwol
Riet	van Emden
Johanna	Bellekom
Louis	James
Nell	Bakker
Hinke	Frigeri
Sander	Bangma
Jan	Gunnink
Johanna	Kempen
Marian	Boere
Euan	Leslie
Ric	High
Toos	Indrisie
Corrie	Smit
Loeky	Lopez-
Wiersma	
Gon	de Jong
Adrian	Joele
Elly	Lubout
Bart	Struyke
Anna	de Geeter
Rene	van Wichen



If your birthday is not mentioned or the details are not correct, this means that we have the incorrect data entered in our membership database. Or you may wish that your birthday is not mentioned at all.

To make changes to the above you need to send an e-mail to the

## Sunday Card Drive 7th of June.

On Sunday the 5th of July we organised another one of those Sunday Klaverjas Drives and low and behold we had 28 players or 7 tables participating. And as always it was very enjoyable and good fun.

It was good to see Henk van Veen and Piet Noordeman participating and we hope they will continue to attend. Thea could not make it so it was up to Freda to prepare the lunches as well as look after the shop. Some of the players assisted with the washing up. Thank you all. The competition was hectic but despite the many players the scores were not high with only 4 points separating the second and third prize winners.

### Prize Winners:

1st prize:	Barbera Penello	6852 points
2nd Prize:	Freda Hovingh	6689 points
3rd prize:	Con van der Putten	6685 points



**Barbera 1st prize; Freda 2nd prize; Con 3rd prize.**

## Result Card Drive held 2 August.

The attendance was not too great, as we only had 3 playing tables with 3 people left over. A few people were away on holidays, others were ill or had a cold or the sniffles and stayed away. Jan van der Wielen was in Hospital, so we wish him all the best.

### Prize Winners:

1st prize:	Jan Lagerwey	7390 points
2nd Prize:	Piet Seegers	7332 points
3rd prize:	Elly Schenkelaars	6685 points

Next card drive will be held on Sunday the 30th of August and not on the first Sunday in September, as that is Father's Day.

The following card drive will be held on Sunday the 4th of October.

So, see you all on that day.

**Gerry Creemers,**  
**organiser**

## Kid's DISCO

In samenwerking met Dutch Club Neerlandia, vinden wij het heel leuk om een Kids Disco voor alle Nederlands sprekende kinderen (0-12 jaar) en hun ouders in Perth te organiseren. Op zaterdag 17 oktober gaat dit gebeuren van 3-5pm in het Neerlandia clubgebouw in Wembley. Dit is een leuke gelegenheid om samen te komen en samen te dansen op gouwe ouwe hits, Nederlandse deuntjes, maar ook hedendaagse muziek. Verder hebben we nog een aantal spelletjes en activiteiten gepland. Kinderen mogen verkleed komen. Kaartjes kopen kan alleen in de voorverkoop. Entree is per kind \$3.50 voor Neerlandia clubleden en \$4.50 voor niet-leden (Kinderen tot 1 jaar gratis). Graag iets lekkers/gezonds mee nemen om te delen. De bar zal open zijn waar je een drankje kan kopen. Voor meer informatie en verkoop kaartjes stuur even een berichtje naar [kidsdiscoperth@gmail.com](mailto:kidsdiscoperth@gmail.com) Hopelijk tot ziens, Nicky, Lianna & Diana.







September 2015

## CURA IN-HOME CARE NEWSLETTER

The Official Publication of Dutch Aged Care Western Australia Inc.  
Trading as Cura In-Home Care

### **CONSUMER DIRECTED CARE (CDC) – New Choices in Home Care.**

We are now operating under what is called CDC or Consumer Directed Care. The Information Day that we held on June 15 2015 for consumers and family members in the Neerlandia club house was quite well attended and feedback has been very positive.

Those who spoke certainly emphasised to those who attended the importance of what care the care packages can provide and to ensure that the recipients get the maximum benefit for what is provided and it improves the quality of life of all recipients. There are some specific things for which the packages cannot be used and these can be explained in detail by the Care Team.

However what can be provided is quite extensive and we would recommend that all recipients avail themselves of the services that are available within your individual budget.

Remember, the government is providing for you so that you can stay in your home longer and safer. Don't be afraid to take maximum advantage to improve your quality of life. At the risk of repeating ourselves, in the June issue we listed these three types of assistance that you can have with some examples:

#### **Personal Assistance:**

- ... Dressing, showering
- ... Preparing meals

#### **General Support Services:**

- ... Doing the cleaning and laundry
- ... Doing the shopping and getting to appointments
- ... Encouragement with taking part in social and community activities
- ... Gardening and home maintenance
- ... Changes to your home to make it safer and easier for you to live at home

#### **Help to Stay Healthy**

- ... Arrange nurse visits
- ... Seeing professionals such as speech therapists, occupational therapists, dentists, podiatrists and dieticians
- ... Providing technological devices, equipment and other items that help you to remain active and mobile
- ... Looking after your personal hygiene.
- ... Making yourself understood and generally stay safe.

Of course there are some things for which you will not be able to use your home care package; these include paying the rent or mortgage, buying your groceries, paying for holidays or gambling.

Please be aware that if you are an existing care recipient with us, you are eligible to have a  
(continued on the next page)

volunteer visit you. We still have some government funded places available, so feel free to contact the Care Team on 9382 1983 or email: [care@cura-inhomecare.org.au](mailto:care@cura-inhomecare.org.au)

## **DUTCH AGED CARE (WA) Inc. (DACWA) – ANNUAL GENERAL MEETING (AGM).**

Yes, it is that time of year again; the Annual General Meeting (AGM) is upon us.

This year the AGM will be held on Tuesday, September 15 2015 in the “Piet Leeftang Lounge” at the Neerlandia Club House at 230 Cambridge Street Wembley at 1.00pm. We look forward to seeing you all there and ask that you let us know if you wish to attend so that we can cater for you. Please contact the office on 9382 4186 or email us at: [admin@cura-inhomecare.org.au](mailto:admin@cura-inhomecare.org.au)

This year we have put forward a new constitution (Rules) for adoption. These rules are based on the model rules as provided in the Associations Incorporation Act, the law under which DACWA operates.

We have sent out a copy to all financial members and advise that the model rules have had added to them, the wording that was in our current constitution. That way we are “legal” as well as ensuring that our original “aims and objects” will not change as we move forward into the future.

## **RENEWAL OF MEMBERSHIPS FOR 2015-2016.**

Thank you to those of you who have renewed your memberships for the forthcoming year.

There is a renewal form placed in this issue of the DACWA report and we urge you to renew your memberships asap if you have not already done so.

## **CHANGES TO THE BOARD OF MANAGEMENT.**

Over the past twelve months, we have had some changes to our Board. Whilst it is always difficult to find people with the time and the commitment we have been very fortunate to have had two new members join us.

Their profiles and photos are displayed elsewhere and the Vice-Chairman and the Board welcome both Eleonore Fuchter and Ray van Kempen to the team.

The Board wishes to thank Dr Alissa Klaassen and Ute Benford who left during the year due to family and work commitments, for their service to DACWA.

## **NEW SERVICES ON OFFER.**

From time to time DACWA receives offers from providers of various services and we have just been offered the services of a provider of *Information Technology* services for “Seniors”.

These services could be provided to individuals in the home or in a

*(continued on the next page)*

## **The Board of Management**

### **THE EXECUTIVE:**

#### **Chairman:**

Vacant

#### **Vice-Chairman:**

Henri Koldenhoven

#### **Secretary:**

Ray Halligan

#### **Treasurer:**

Robert van Straalen

### **BOARD MEMBERS:**

Gerry Creemers

Vera Horsten

Mieke van der Velde

Ann Rietveld

Eleonore Fuchter

Ray van Kempen

### **Want to talk to a Board Member?**

Please contact the office.

### **THE OFFICE STAFF:**

#### **General Manager:**

Robert

#### **Care Team Manager:**

Regine

#### **Care Team Coordinators:**

Annegret

Claudia

#### **Scheduler:** Jose

#### **CVS/HVS Coordinators:**

Babette

#### **Financial Controller:**

Phanny

#### **Administrative Services:**

Gina

### **Tel: (Office hours only)**

(08) 9382 4186

(08) 9382 1983

### **Address:**

PO Box 1154

W. Leederville WA 6901

### **E-mail:**

[care@cura-inhomecare.org.au](mailto:care@cura-inhomecare.org.au)

[admin@cura-inhomecare.org.au](mailto:admin@cura-inhomecare.org.au)

### **Web site:**

[www.cura-inhomecare.org.au](http://www.cura-inhomecare.org.au)

**Editor:** Robert van Straalen

**Asst. Editor:** Pieter Leeftang



group situation. This offer is open to all members of Neerlandia (*there will be some costs involved*) as well as the members of DACWA.

As mentioned earlier in the article, for DACWA Members, this is the type of service that is available to you under the Consumer Directed Care programme. Please let us know if you are interested and we will make the necessary arrangements to put a programme into place for you.

## COMMUNITY VISTORS SCHEME (CVS)

This is a government funded scheme which assists in funding Cura In-Home Care to coordinate volunteers to visit recipients of the residential and home care services that Cura In-Home Care provides. In other words, this scheme is designed to help people who may feel socially isolated and whose quality of life would be improved by friendship and companionship.

We have a team of dedicated and enthusiastic volunteers who are instrumental in adding to the quality of life of care recipients, so if you are not aware of what is available, please contact the office on 9382 4186 and speak to Babette van Dijk.

Babette is in the office on Tuesdays and Fridays, but if you phone on the other days, we will take a message and Babette will be able to get back to you as soon as she can. Alternatively, you could email Babette on: [babette@cura-inhomecare.org.au](mailto:babette@cura-inhomecare.org.au)

## PROFILE OF NEW BOARD MEMBERS

### Eleonore Fuchter

Eleonore is a program manager with some 25 years' experience managing a range of programs within the public health sector in Australia and the UK. Previously, she worked as an oil industry geophysicist, having started her career as a geologist! Having witnessed the excellent care DACWA provides to clients in the home, she is looking forward to seeing Cura expand to be able to provide care to clients requiring higher levels of care in their homes. At some time in the future, Cura may also be able to establish its own residential care facility.



### Ray van Kempen



Ray van Kempen is currently principal of van Kempen, an advertising and branding agency.

Previously he was a founding director of 303, which went on to become Australia's largest independent advertising Agency. 303 was also awarded Agency of the year six times by Campaign Brief. Before that he was a director of Marketforce, WA's largest Advertising Agency.

Ray has also been on the Board of the Perth Wildcats, the National Basketball League's most successful Team and a committee member of the Western Australian Art Gallery Foundation.

Ray brings this invaluable experience to Cura Aged Care as it evolves from a well-loved community based group to that of a larger, highly-respected and fully compliant Federal Government endorsed provider.

"I'm more than excited by the possibilities of helping Cura deliver its legendary passion for aged people and consistent high level of care and to an even wider audience." commented Ray.

### **Cura In-Home Care. New Members June –Aug 2015**

Mrs Bep Tasma  
Mr Bob Sivyer (Eric)  
Mrs Tilly Stulcbauer  
Mrs Anne Bellekom

## Award for Gerry Creemers

"Cura In-Home Care was extremely proud to nominate Gerry Creemers for the 2015 ACSWA Excellence in Care Awards Night for the Volunteer of the Year Award, and while she didn't win the major award, Gerry was presented with a "High Commendation Award".

Gerry is an individual who has few peers as she exemplifies the tireless generosity of volunteers who care for and support the elderly in the community. We at Cura In-Home Care are ever mindful and grateful for the service Gerry has given since the organisation's inception and we genuinely hope, as we are certain those she visits hope, that she can continue her work well into the future.

It reflected as a great honour to the entire team of Cura In-Home Care that this award was bestowed on Gerry as it recognises Gerry's long career of selfless serving and giving back to the community."



## Dutch Aged Care (WA) Inc t/a Cura In-Home Care

Renewal subscription for the period from  
1st July 2015 – 30 June 2016

NAME Mr/Mrs/Ms.....

ADDRESS .....

.....POSTCODE.....

EMAIL .....

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(Please circle)

1. Individual Membership
2. Pensioner / Senior Card Holder  
Membership

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Date .....

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Address: The Secretary

PO Box 1154

West Leederville WA 6901

Or pay by bank deposit BSB 036065 Account 129635 Please provide your surname followed by 15/16

All donations \$2.00 and over are tax deductible. The above membership fees are GST inclusive.

The principal aim of Dutch Aged Care (WA) Inc shall be to assist in maintaining or improving the quality of life of persons who are aged and living in the Perth (WA) metropolitan area and who identify with the Dutch or German speaking culture.



# Neerlandia Brunch with the Thursday Card Club

## Thursday Card Club Brunch

Members of the Thursday Card Club and guests enjoyed a delightful 'brunch' on the morning of Sunday 26<sup>th</sup> July. The attractively laid tables were set out in the lounge creating a cozy, welcoming atmosphere. Tasty treats of fruit loaf, ontbijtkoek and beschuit with a variety of toppings were followed by an expertly cooked breakfast. It was a feast. Top marks to the cooks.

Our special guest was Thea de Koning and we were also honoured to have the President of Neerlandia, Lianna Parker in our midst. Both obviously enjoyed being with us.

Much to everyone's regret several of our members had other engagements booked on that day and were unable to be there but our numbers were boosted by the presence of five other Neerlandia members who all appeared to be having a good time.

Unfortunately Rita Klesch who had looked forward to being there with her husband, suffered a stroke the day before and had to be taken to hospital. At the time of writing her condition is improving and we hope that by the time the magazine reaches your letterbox she will have made a full recovery. Best wishes to you, Rita, from all of us.

Everyone was already seated when the door opened and Rinus van de Ende walked through the door with Tiny. Both Rinus and Tiny are close to the hearts of our members and this was a lovely surprise. I hope we didn't tire you too much, Rinus.

Finding volunteers for the kitchen gave Margaret Baltes, the organizer, some headaches as many of the regular volunteers are also members of the Card Club. Fortunately Louis James and Jack Voorn could be persuaded to provide their valuable services and Margaret's husband Bert also chipped in, resulting in a rather unique situation in the Neerlandia kitchen. Three men and one woman. They did a fantastic job, though. It all flowed smoothly and the food tasted great. Thank you so much, Margaret, Bert, Louis and Jack.

I am glad to be able to report that the event was a success and a good time was had by all who attended.

**Janny Udinga**

**Secretary – Thursday Card Club**



## Neerlandia AGM Sunday 25 October at 1pm

### Elections of Committee:

This year, in accordance with our constitution and considering the fact that some Committee Members were appointed mid-term by the Committee, nominations are called for the following positions:

- President (two year term)
- Secretary (one year term)
- Treasurer (two year term)
- 1 Committee Members (two year term)
- 1 Committee Members (one year term)

### Sitting Committee Members and their present status regarding the election:

President: Lianna Parker - Available for re-election

Vice-president: Tony Horsten - One year to go

Secretary: Inge van Maanen - One year to go, not available for re-election

Treasurer: Henry Koldenhoven - Available for re-election

### Committee Members:

- Henk Hanemaaijer - Available for two years
- Nelly Maarssen - Available for one year
- Eric van Waaijenburg - Available for two years
- Yolanda Strauss - Available for two years
- Henk Oorschot - One year to go
- Karin Eastwood - One year to go
- Margaret Baltes - Not available for re-election

### Motion received for the 2015 AGM:

The motion has been submitted by Lianna Parker (President) and seconded by Tony Horsten (Vice-President)

### Constitution Changes

#### CURRENTLY:

- 15.1 a) There shall be a general meeting of the members of the Society to be held at a time, date and place to be fixed by the Management Committee in each year which shall be called the Annual General Meeting.

#### REQUIRED BY THE DEPARTMENT OF COMMERCE:

- 15.1 a) The committee must convene an annual general meeting within the time limits provided for the holding of such meetings by section 23 of the Act, that is, in every calendar year within 4 months after the end of the Association's financial year or such longer period as may in a particular case be allowed by the Commissioner, except for the first annual general meeting which may be held at any time within 18 months after incorporation;

#### CURRENTLY:

- 18.1 No clause shall be amended or repealed, nor shall any new clause be made except on the vote of a two-third majority of the members present at the Annual General Meeting or at a General Meeting duly convened for that purpose.

#### REQUIRED BY THE DEPARTMENT OF COMMERCE:

- 18.1 No clause shall be amended or repealed, nor shall any new clause be made except by Special Resolution on the vote of a three-fourths (75%) majority of the members present and entitled to vote at the Annual General Meeting or at a General Meeting duly convened for that purpose.

#### CURRENTLY:

- 21 The Club may be dissolved or wound up by an order of the Supreme Court or by a resolution passed at a Special General Meeting by three fourth's majority of the Members present at t



# Nomination form for Neerlandia Committee

that meeting and eligible to vote.

Any remaining funds and property after satisfaction of debts and liabilities shall not be paid to or distributed amongst the Members or previous members of the Club, but shall be given or transferred to:

(a) One or more Incorporated Clubs or Organisations having objectives similar to those of the “Dutch Society Neerlandia”; or

(b) One or more Charitable Organisations

This gift or transfer is to be determined by a resolution of the members when authorising the Committee to prepare a distribution plan of the surplus property of the club in the manner provided under section 33 of the Association Incorporation Act and a certified copy of the resolution shall be sent or delivered to the Commissioner, Department of Consumer Protection.

## **REQUIRED BY THE DEPARTMENT OF COMMERCE:**

- 21 If upon the winding up or dissolution of the Association there remains after satisfaction of all its debts and liabilities any property whatsoever, the same must not be paid to or distributed among the members, or former members. The surplus property must be given or transferred to another association incorporated under the Act which has similar objects and which is not carried out for the purposes of profit or gain to its individual members, and which association shall be determined by resolution of the members.

### NOMINATIONS FOR NEERLANDIA COMMITTEE

I NOMINATE:

Mr / Mrs / Ms \_\_\_\_\_

For the following position:

**President** ( )

**Treasurer** ( )

**Committee Member** ( )

Signature 1st Proposer \_\_\_\_\_ Membership # \_\_\_\_\_

Signature 2nd Proposer \_\_\_\_\_ Membership # \_\_\_\_\_

**I accept the nomination:**

Signature Nominee \_\_\_\_\_ Membership # \_\_\_\_\_

**All nomination forms must be in the possession of the Secretary by Friday 2<sup>nd</sup> of October 2015**

**Please put the completed form in a sealed envelope, label it “Nomination for Committee” and mail it to:**

**The Secretary  
Dutch Society Neerlandia  
PO Box 200  
Wembley WA 6913**

### SENIORS STILL NEED NEWSPAPERS

I was visiting my granddaughter last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said.

"I don't waste money on newspapers. Here, use my iPad."

I can tell you this, that fly never knew what hit him!

### THE BLOOD DONOR

An Arab Sheik was admitted to hospital for heart surgery, but prior to the surgery, the doctors needed to store his type of blood in case the need arose.

As the gentleman had a very rare type of blood, it couldn't be found locally, so the call went out.

Finally, a Scotsman was located, who had the same blood type. The Scot willingly donated his blood for the Arab. The Arab sent the Scotsman, as appreciation for giving his blood, a new BMW, diamonds and \$100,000, happy that his surgery could now go ahead.

A couple of months later, once again, the Arab had to go through a corrective surgery. His doctor telephoned the Scotsman who was more than happy to donate his blood again.

After the second surgery, the Arab sent the Scotsman a thank you card and a box of Quality Street chocolates. The Scotsman was shocked that

the Arab did not reciprocate his previous kind gesture as he had anticipated. He phoned the Arab and asked him: "I thought you would be generous again, that you would give me again a BMW, diamonds and money, but you only gave me a thank you card and a box of Quality Street."

To this the Arab replied: 'Aye, laddie, but I now have Scottish blood in ma veins.'

### MASTERS GOLF TOURNAMENT

A man had two of the best tickets for the Augusta Masters. As he sits down, another man comes along and asks if anyone is sitting in the seat next to him "No", he says, "the seat is empty."

"This is incredible!" said the man, "Who in their right mind would have a seat like this, the biggest golfing event of the whole world and not use it?" He says, "Well, actually, the seat belongs to me.

My wife always would come with me, but she passed away. This is the first Masters we haven't been to together since we got married.

"Oh ... I'm sorry to hear that. That's terrible. I guess you couldn't find someone else? ... a friend or relative or even a neighbour to take the seat?"

The man shakes his head ...

... "No. They're all at the funeral."--

## End of Month Drinks

The next End of Month Drinks will be held on  
Friday the 25th of September and the following one after that is on  
Friday the 30th of October.

If you would like to give us a hand to ensure we have enough volunteers to keep everyone happy, please contact Inge van Maanen: [ingevanmaanen@hotmail.com](mailto:ingevanmaanen@hotmail.com)

Only with your continued support as volunteer will the EoM Drinks survive.

The Bar will be open from 5.30pm - 9.00 pm; the kitchen will close at 8pm.

And you are all welcome to come for some relaxation, meet up with old friends or make new ones and enjoy a Dutch beer or a Dutch snack or just a cup of coffee!

Available from the Kitchen there will be:

Fresh Coffee & Dutch Appeltaart!

A variety of traditional Dutch snacks.

And the Neerlandia Shop will be open for your convenience!

*Everyone is welcome - Everyone is welcome*





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**Debby Goetschalckx**

**0416 391 405**

**Debby@schapendonk.com.au**

Ever notice, the older we get,  
the more we're like computers ?



We start out with lots of  
MEMORY and DRIVE  
then we become outdated,  
and eventually have to get  
our parts replaced...:)

## DE NEERLANDIA WINKEL

### Levensmiddelen en allerlei lekkernijen

- ... Bitterballen, kroketten & frikandellen.
- ... Leidse & Goudse Kaas
- ... Ontbijtkoek, gemberkoek, kandijkoek, stroopwafels, gesorteerde koekjes & beschuit
- ... Zoute drop
- ... Groenten in blik en in glazen potten
- ... Gestampde muisjes, hagelslag, fruithagel & chocolade vlokken
- ... Amandelkoeken, kano's, amsterdammers & speculaasjes en speculaasbrokken
- ... Een sortering van andere koekjes

**Important news: Mackerel is still in stock again but Herring is not available**

### De Neerlandia Winkel is open op de volgende dagen:

- |                                   |                         |
|-----------------------------------|-------------------------|
| Elke woensdag                     | van 10.00 am - 1.00 pm  |
| Elke tweede donderdag (DJVV week) | van 11.00 am - 2.00 pm  |
| Elke donderdagavond               | van 10.00 pm - 11.00 pm |
| De meeste vrijdagen               | van 10.00 am - noon     |
- (We adviseren dat u de club van te voren even belt op 9381 3738 om er zeker van te zijn dat de winkel open is.)

**De Neerlandia winkel is bemand door vrijwilligers en daarom moeten de bovenstaande tijden een beetje ruim genomen worden**

## Disrupted sleep (*continued*)

The reason why light exposure during the daytime is so important is because it serves as the major synchronizer of your master body clock. To maintain healthy master clock timing, aim to adjust your light exposure to a more natural light rhythm, where you get bright light exposure during the day and limited blue light and bright light exposure once the sun sets.

It is recommended to get at least 30-60 minutes of outdoor light exposure during daylight hours in order to "anchor" your master clock rhythm. Once the sun has set, the converse applies. After sunset you want to *avoid* bright light as much as possible in order for your body to secrete melatonin, which helps you feel sleepy.

## Ready for the Best Night's Sleep You've Had in a While?

*Small adjustments to your daily routine and sleeping area can go a long way to ensure uninterrupted, restful sleep.*

- ... Avoid watching TV or using your computer at least an hour before going to bed. These findings are significant because they highlight a potential health issue that has not been given a whole lot of attention in the past.
- ... These devices emit blue light, which tricks your brain into thinking it's still daytime. Normally, your brain starts secreting melatonin between 9 pm and 10 pm, and these devices emit light that may stifle that process.
- ... Make sure you get BRIGHT sun exposure regularly. Your pineal gland produces melatonin roughly in approximation to the contrast of bright sun exposure in the day and complete darkness at night. If you are in darkness all day long, it can't appreciate the difference and will not optimize your melatonin production.
- ... Sleep in as dark a room as possible. Even the tiniest glow from your clock radio could be interfering with your sleep, so cover your radio up at night or get rid of it altogether. Move all electrical devices at least three feet away from your bed. You may want to cover your windows with drapes or blackout shades. If this isn't possible, wear an eye mask.
- ... Install a low-wattage yellow, orange, or red light bulb if you need a source of light for navigation at night.
- ... Ensure the temperature in your bedroom is no higher than 20 degrees C. Many people keep their homes too warm (particularly their upstairs bedrooms). Studies show that optimal room temperature for sleep is between 15 to 20 degrees C.
- ... Take a hot bath 90 to 120 minutes before bedtime. This increases your core body temperature, and when you get out of the bath it abruptly drops, signalling your body that you are ready to sleep.
- ... Avoid using loud alarm clocks. Being jolted awake each morning can be very stressful. Use soft music.
- ... Get some sun in the morning, if possible. Your circadian system needs bright light to reset itself. Ten to 15 minutes of morning sunlight will send a

strong message to your internal clock that day has arrived, making it less likely to be confused by weaker light signals during the night.

... Even more sunlight exposure is required as you age.

## Water and Dehydration

Drinking pure water every day is a key component of optimal health. Unfortunately, many make the mistake of forgoing water for other types of fluids, most of which have added ingredients that will not do your health any favors.

Kids are particularly prone to drinking sweet drinks like soda and fruit juice instead of plain water and many teens tend to reach for sports and energy drinks instead.

About one-quarter of children in the US do not drink water on a daily basis. Overall, boys were more than 75 percent more likely to be inadequately hydrated than girls.

This dovetails with previous studies shows that boys drink more sugary beverages than girls. According to one 2011 analysis, about 70 percent of boys aged 2-19 drink sugary beverages daily.

**Your Body Needs Water for Proper Functioning**

Your body is comprised of about 65 percent water, which is needed for a number of physiological processes and biochemical reactions, including but not limited to:

**Blood circulation**

**Metabolism**

**Regulation of body temperature**

**Waste removal and detoxification**

Once your body has lost between one to two percent of its total water content, it will signal its needs by making you feel thirsty. Using thirst as a guide to how much water you need to drink is one obvious way to ensure your individual needs are met, day-by-day.

However, by the time your thirst mechanism actually kicks in, you're already in the early stages of dehydration, so you don't want to ignore the initial sensations of thirst.

Moreover, the thirst mechanism tends to be underdeveloped in children and specially so in the elderly, making them more vulnerable to dehydration.

Hunger—sugar cravings in particular—can also be a sign that your body is crying for water, so as noted in the featured video, when you feel hungry, drink a glass of water first.

So, in addition to thirst, which is an obvious signal, other signals indicating you need to drink more water include:

*Fatigue and/or dizziness*

*Double vision*

*Foggy thinking and poor concentration*

*Muscle cramps*

*dark, concentrated urine*

*Bad breath*

*Headache*

*Foggy thinking and poor concentration*

*Bad breath*

Severe dehydration can be life threatening, but even mild dehydration can cause problems ranging from headaches and irritability to impaired cognition..

*(Copied from the internet)*



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### Sunday Klaverjas Drives.

*De eerstvolgende Zondag Klaverjas Drives  
worden gehouden op 30 Augustus (want  
6 September is Father's Day) en de daarop  
volgende op 4 October.*



**Kosten: \$8.00 per  
persoon.**

Kom gezellig  
Klaverjassen in het  
Neerlandia  
Clubhuis.

De prijzen zijn "tegoed bonnen" die u moet  
besteden in onze winkel.

Lunch en 2 kopjes  
koffie zijn bij de  
toegangsprijs  
inbegrepen.

Aanvang 11.00 uur.

Iedereen die goed kan  
klaverjassen is meer dan  
welkom.



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stel het niet uit,  
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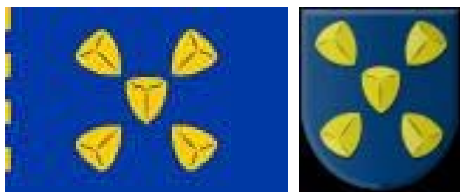
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# The towns of Bussum & Naarden in "Het Gooi"



Bussum's Flag and Coat of Arms

## The Gooise Meren:

The Town of Bussum is set to merge with the local municipalities of Naarden and Muiden on the 1st of January 2016 and the combined town councils chose the name "Gooise Meren" in October 2014 for the new municipality, the other options being considered were "Naarden-Bussum" and "Naardingerland". (*We will deal with Bussum first, editor*)

## Bussum History.

Bussum is a commuter town in the Het Gooi region in the South East of the province of North Holland. Bussum had a population of 32,731 in 2014

For a long time Bussum was not more than a hamlet situated amongst the heathlands of Het Gooi and the name was first mentioned in 1306. In those days, Bussum was a small village with many small agricultural farms, sheep farms and forests as is shown on old



Smouldering heathland



maps. Bussum was situated near the fortified town of Naarden, and it was governed by Naarden from 1369-1817. In 1470 Bussum was inhabited by about 250 people, which made it the smallest village in Het Gooi.

Bussum became independent from Naarden in 1817, yet it was not until the arrival of a railway line in 1874 that Bussum began to flourish.

Two train stations were built in the town: Naarden-Bussum and Bussum Zuid (Bussum South), both on the line connecting Amsterdam and Hilversum.

The stations and the consequent road networks fostered the town's status as a satellite town of Amsterdam and the many commuters that started to live in Bussum soon swelled the town's population.

## The Water Tower

This water tower in Bussum was built in 1897. These days it has become *Netherlands' most sustainable office*. From being a classic 200 m<sup>3</sup> large Intze-tower, it has now lost its reservoir function, but has a new top of the glass with a windmill on the roof and a side building. It uses zero energy and is carbon neutral, with thermal energy storage, heat pumps and co-generation. All necessary electrical energy is generated internally with wind,



solar and co-generation, which uses vegetable waste oil. The tower has its own water and sewage plant.



Saint-Vitus Church, presently an apartment building.

**Dutch Television started here** In 1951, Bussum hosted the first Dutch national TV broadcast and the national TV studios were all located there until 1964.

## Sint-Vituskerk

This church was built in 1884 and was used as a Catholic church until 1982. When there was no longer use for the building as a church it became a function hall until 1988, when a fire destroyed a large part of the interior. It stood empty for many years until the late 1990's when it was declared a Rijksmonument. Since then apartments have been created inside this church.





# The towns of Bussum & Naarden in "Het Gooi"

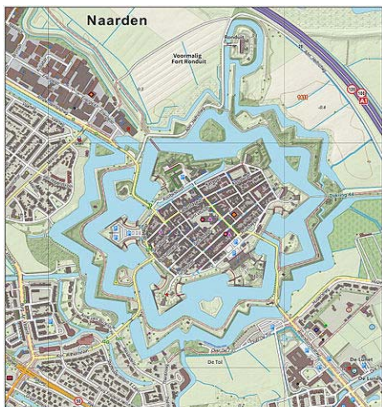


## Naarden's Flag and Coat of Arms

**Naarden** presently is a municipality and a town in the Gooi region of the province North Holland. It was granted its city rights in 1300 (the only town in Het Gooi with these rights)

### History

Despite its earlier importance, Naarden's population was surpassed by Hilversum in the 18th century and today it is even smaller than its neighbour Bussum.



### Star Fort

Naarden is the best preserved example of a star fort Europe. It still has complete fortified walls and a moat, which have been restored to their former glory. Naarden is the home of the Netherlands Fortress Museum. The city's distinctive shape made it a rallying point for Allied bombers returning to England after raids on Germany during the second world war.



### The Great Church (Grote Kerk).

This church is situated on the Markstraat and dates from the 15th century. Prior to the Protestant Reformation it was named the St Vitus Church. It is one of the oldest surviving churches in The Netherlands, having had the good fortune to survive the Spanish invasion of 1572 and the subsequent burning of the town. The church has numerous wooden vaults that are painted with scenes from the Old and New Testaments. These were hidden for many years and were only rediscovered in a recent restoration. The Spanish House, with design commemorating the massacre of 1572.

**The Spanish House (Spaanse Huis).** The house, situated at Turfpoortstraat 27, was originally a church building converted to house migrants. In 1572 Spanish troops conducted a massacre of some 700 inhabitants who had gathered there to hear a peace proposal. The Spanish then fired on the assembled citizens and then went on to set fire to the whole town.

A plaque above the lintel of the door and below the eaves commemorates the massacre.



### The Town Hall.

This building dates back to 1601 and it is a clear and spectacular example of the Dutch renaissance style. An interesting feature is the double stairs gable. Presently the building is mainly used for council meetings, marriages and cultural activities.

### Town Gates

Two town gates existed from 1673-1915. One of those was demolished in 1915 but the remaining one still exists and is called the Utrechtse Poort.



Compiled from the internet by Pieter Leeftang



# Codebreaker and Sudoku Puzzles

	17		12		26		10		18		15		7	
24	15	6	22	18	7		18	22	9	18	17	1	8	18
	22		2		24		7		23		18		23	
5	15	26	18	2	7	12	8		6	18	22	2	7	8
	8		6		22		2		18				24	
17	12	9	17	7	2	24	20		9	25	1	10	7	11
	2		18				11		9		12			
6	20	12	21	15	17	18		24	15	25	6	7	4	18
			21		18		14				2		7	
1	18	11	15	22	5		12	9	15	2	20	18	6	17
	3				12		22		23		6		4	
24	15	19	19	18	18		19	8	7	2	12	6	15	22
	5		7		26		15		13		4		11	
16	25	22	14	17	7	12	8		25	23	20	15	8	5
	9		18		8		14		18		2		18	

## CODEBREAKER PUZZLE

A **Codebreaker** is a crossword puzzle with no clues! Every letter of the alphabet has been replaced by a number, the same number represents the same letter always.

The codes for a few letters are revealed. Start with entering these letters throughout the puzzle first and then start guessing your first word.

If you are unsure, use a pencil to start, then if it does not work out you can erase and start again.

*The last Codebreaker was not too bad once you found the words "Aspects, Assassin and Uneasy," you were well on the way to complete it.*

*The solution of the last month's Codebreaker was:*

A=13; B=24; C=14; D=5;  
E=12; F=4; G=10; H=23; I=19;  
J=17; K=20; L=8; M=9; N=21;  
O=7; P=11; Q=25; R=22; S=16;  
T=2; U=3; V=26; W=18; X=1;  
Y=15; Z=26.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Last month's

Easy Sudoku solution

Last month's

1	2	3	4	5	6	7	8	9	10	11	12	13
	T							S				
14	15	16	17	18	19	20	21	22	23	24	25	26
	O											

## Sudoku Puzzles

The aim of the Sudoku Puzzle is to insert numbers 1-9 in the each row and column, but each 3x3 box must also contain a complete set of numbers 1-9.

### Sudoku - Easy #05

1	9		5				6	4
	4				8	7		
	7	8	1			9		
7								
			3	7	9	2		
		9		1	4	3	5	
	5	2		3	6	4	7	
	1					6	8	
	8			9			3	

### Sudoku - Moderate #5

3		4			1	8	5		9
1					6	4			
	8	2							
	1				6	9	4		
	9	6							
			7		1	6	3		
	2			5	3				
	5	7	9				8		
						4			

4	8	7	3	5	1	9	6	2
9	1	5	4	2	6	7	8	3
2	3	6	7	8	9	5	4	1
3	9	4	8	1	5	6	2	7
1	6	2	9	7	4	3	5	8
5	7	8	2	6	3	1	9	4
6	4	3	1	9	8	2	7	5
7	5	1	6	4	2	8	3	9
8	2	9	5	3	7	4	1	6

### Moderate Sudoku solution

1	6	5	3	4	8	2	7	9
7	2	8	5	6	9	3	4	1
9	3	4	2	7	1	6	5	8
8	4	6	9	2	5	1	3	7
2	1	9	4	3	7	8	6	5
5	7	3	8	1	6	4	9	2
3	8	7	6	5	2	9	1	4
4	9	1	7	8	3	5	2	6
6	5	2	1	9	4	7	8	3



# Club Information & Links to Dutch Organisations

## Dutch Society NEERLANDIA

Patron: Hon. Dutch Consul Mr. Arnold J. Stroobach

### EXECUTIVE COMMITTEE:

President: Lianna Parker 0437 629 635  
E-mail: [lianna\\_parker@bigpond.com](mailto:lianna_parker@bigpond.com)  
Secretary: Inge van Maanen: 0448 218788  
Treasurer: Henry Koldenhoven 9459 4180  
Vice President: Tony Horsten 9279 5785

### COMMITTEE MEMBERS:

Margaret Baltes: Social Secretary 9305 2434  
Karin Eastwood: 0439 862 610  
Henk Hanemaaijer 9274 2236  
Nelly Maarssen 9459 4431  
Henk Oorschot 9256 1977  
Yolanda Strauss 0412 318 374  
E-mail: [vol@iinet.net.au](mailto:vol@iinet.net.au)  
Eric van Waaijenburg 0401 774 597

### MEMBERSHIP ADMINISTRATION:

Robert & Kaye Wegman [neerlandia@iinet.net.au](mailto:neerlandia@iinet.net.au)

### MAGAZINE EDITOR:

Pieter Leeftang [pieter.leeftang@bigpond.com](mailto:pieter.leeftang@bigpond.com)

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Telephone: (08) 9381 3738  
Fax: (08) 9388 0848  
E-mail: [neerlandia@iinet.net.au](mailto:neerlandia@iinet.net.au)  
Website: [www.dutchclubwa.com](http://www.dutchclubwa.com)

### BOOKINGS FOR FUNCTIONS, USE OF HALL OR KITCHEN:

Contacts: Lianna Parker 0437 629 635  
Margaret Baltes 9305 2434

## LINKS TO OTHER DUTCH ORGANISATIONS:

### CONSULATE OF THE NETHERLANDS IN WA

Hon. Consul Mr. Arnold J. Stroobach Office, 1139 Hay Street WEST PERTH WA 6005

Tel: (08) 9486 1579  
Website: [www.mfa.nl/can](http://www.mfa.nl/can)  
E-mail: [perth.consulate@netherlands.org.au](mailto:perth.consulate@netherlands.org.au)  
Opening hours: Mon, Thu & Fri from 9.30 am—1.00 pm  
Applications accepted by appointment only.

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Website: [www.dutchradioperth.com](http://www.dutchradioperth.com)  
Uitzending: elke Zondag 14 – 15.30 uur. (Studio: 9227 5953)

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[admin@cura-inhomecare.org.au](mailto:admin@cura-inhomecare.org.au)  
Website: [cura-inhomecare.org.au](http://cura-inhomecare.org.au)  
Post: 230 Cambridge Street, Wembley 6014  
Kantor: PO Box 1154, West Leederville, WA 6901  
Kantor uren: Maandag – Vrijdag 9:30 – 14:30 uur

Membership application forms can be obtained from our clubhouse situated at: 230 Cambridge Street Wembley. Details how to become a member and Membership Application Forms can also be downloaded from our Website: [www.dutchclubwa.com](http://www.dutchclubwa.com)

### Private Member's Parties.

Members, why not celebrate your Wedding Anniversary, that special birthday for you or your parents in the Neerlandia Clubhouse. Contact Lianna Parker on: 0437 629 635 or Margaret Baltes on: 9305 2434. Hall subject to availability.

Neerlandia ensures that the privacy of our members details are maintained and upheld at all times and not disclosed or sold to any other organisation. We are committed to protect your personal information.



## ANSWA (ASS. NETH. SOCIETIES IN WA)

Information: Anne Rietveld 9301 1936

### Australian Dutch Business Community in WA-ADBC

1139 Hay Street West Perth, WA 6005

### DE NEDERLANDSE SCHOOL IN PERTH "LanguageOne Perth"

Information: Wilna Cornelisse: 041 718 5617 or 9245 1716

E-mail: [perth@languageone.nl](mailto:perth@languageone.nl)

### DE NEDERLANDSTALIGE SPEELGROEP IN COTTESLOE

Information: Marieke van den Berg  
E-mail: [dutchplaygroupperth@hotmail.com](mailto:dutchplaygroupperth@hotmail.com)  
Website: <https://www.facebook.com/pages/Dutch-Playgroup-Perth/210093352389116>

### Holland Focus (Dutch Australian Bi-Monthly)

P.O. Box 169 Olinda Victoria 3788

### NEERLANDIA KLAVERJAS & BOLIVIA CLUB

Information: Murray Koedijk 9337 6923  
Clubhuis Donderdag avond van 19.45 – 23.00

### WOENSDAG KAART CLUB

Information: Freda Hovingh, president 9448 0240  
Clubhuis Woensdags van 10.00–14.00 uur.

### DE JEUGD VAN VROEGER (DJVV)

Information: Wilma Mitchell 9359 1972  
Donderdags om de veertien dagen  
10:30-15.00 uur

### SUNDAY KLAVERJAS DRIVES

Information: Gerry Creemers 9356 4207

### THE DUTCH SINGERS

Information: Alida Reitzenstein 041 799 4813  
E-mail: [alreitzenstein@iinet.net.au](mailto:alreitzenstein@iinet.net.au)

### END OF THE MONTH DRINKS

Information: Lianna Parker 0437 629 635  
De laatste Vrijdag van de maand 5.30 – 9.00 uur

### THE DUTCH LUNCH CLUB

In recess until further notice

### THE DUTCH CLOG DANCERS

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### NEERLANDIA PHILATELIC SOCIETY

For any information, valuations etc. please contact:  
Arnold Giltay 9349 7901

### HOLLANDIA BILJART CLUB

Clubhouse: 128 Crystal Brook Rd., Wattle Grove  
Information: M. van Moorsel, Caretaker 9453 3535

### MANDURAH KLAVERJAS CLUB

Information: Theo Baars 9534 5366  
Donderdagmiddag in Mandurah vanaf 13:00 uur

### DE HOLLANDSE FIETSEN CLUB.

Information: Frans Indrisie 9242 2139

### OVER 50 WANDEL CLUB THE DUTCHIES

Information: Thea Bloks 9446 4867  
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